





City of Covina Parks & Recreation Department



# 2014 Lifeguard & Instructor Camps

**"Earn Money, Be a Leader, Save Lives - Become a Lifeguard!"**

Lifeguard and Instructor Training is offered for those interested in becoming a certified American Red Cross Lifeguard or City of Covina Lifeguard/Instructor. Training also includes California Title 22 certification. To meet the qualifications for the City of Covina Lifeguard positions, individuals must successfully complete the Lifeguard Training. Those interested in the Lifeguard/Instructor positions, must successfully complete both the Lifeguard and Instructor Trainings.

Certification meets California Public Safety Lifeguard requirements for California's Non-Surf Lifeguard jobs and is required for municipal lifeguard applicants.

## Mandatory Swim Test

Wednesday, February 26, 4-6 pm

## Lifeguard Training

All classes are 9 am-6 pm

Saturday, March 1

Saturday, March 15

Saturday, March 22

Saturday, April 5

## Instructor Training

All classes are 9 am-6 pm

Saturday, April 26

Saturday, May 10

Saturday, May 17

## Title 22 Training

All classes are 4-8 pm

Monday, May 12

Tuesday, May 13

Wednesday, May 14

Thursday, May 15

## IMPORTANT EMPLOYMENT INFORMATION ON BACKSIDE OF FLYER



**AGES:** 15 years or older (Must be 15 by April 5, 2014, and must show proof of age at time of registration.)

**LOCATION:** Michael D. Antonovich Aquatic Center (Covina Park Plunge)  
301 N. Fourth Avenue, Covina

**FEE:** **\$215** Includes all three trainings and all class materials; or  
**\$60** Instructor Training only. Must have current American Red Cross Lifeguard certification with California Title 22.

**REFUND POLICY:** Refunds must be requested prior to the first day of camp. No refunds will be granted after the first class starts. There is a minimum six-week processing period for all refunds.

## Registration Deadlines

Lifeguard Camp - Friday, February 21

Instructor Camp - Friday, April 18

## Registration Location

City of Covina Parks & Recreation Department  
office 1250 N. Hollenbeck Avenue.

Office hours are Monday-Thursday  
and alternate Fridays, 10 am-5:45 pm  
(Open Fridays - 2/21, 3/7, 3/21, 4/4, 4/18)

*Please note that if participant is under age 18,  
a parent or Guardian must be present at time of  
registration.*



## PREREQUISITES FOR LIFEGUARD CAMP

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both. No swimming on back or side. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs with hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds (Swim goggles are not allowed):  
Starting in the water, swim 20 yards with face in or out of the water. Surface dive, feet-first or head-first, to a

